

### III. AMENDMENTS TO THE CLAIMS:

*The listing of claims is as follows:*

What is claimed is:

1. (currently amended) A method for health enhancement system ~~establishing a health enhancement program~~, wherein said health enhancement system comprises the steps of ingesting:
  - four thousand mgs. of flax oil daily;
  - four thousand mgs. omega-3 oil daily;
  - 1250 mgs. shark cartilage daily;
  - 600 mgs. montmorillonite minerals daily;
  - two thousand mgs. vitamin C daily;
  - 25,000 IU beta carotene every two days;
  - four tablets daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavonoids, papain, rose hips, rutin, and coenzyme Q10;
  - two tablets daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
  - four capsules daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavonoids, rutin and quercetin;
  - 1200 mgs. Cat's Claw daily;
  - two capsules daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;

- an additional 800 IU vitamin E daily;
  - six ounces essiac tea daily; daily; and
  - hydrazine sulfate according to a prescribed ~~hydrazine sulfate~~ schedule.
2. (currently amended) A method for health enhancement ~~system~~ as described in claim 1 wherein said step of ingesting hydrazine sulfate comprises the step of ingesting hydrazine sulfate according to a prescribed hydrazine sulfate schedule that comprises 60 mgs. hydrazine sulfate daily for the first 3 days of ~~administration of said health enhancement program~~ use of said method; 120 mgs. hydrazine sulfate daily for days 4, 5 and 6 of ~~administration of said health enhancement program~~ use of said method; and 180 mgs. hydrazine sulfate daily for days 7 through 52 of ~~administration of said health enhancement program~~ use of said program.
3. (currently amended) A method for health enhancement ~~system~~ as described in claim 2 further comprising the step of refraining from ingesting hydrazine sulfate for days 53 through 60 of ~~administration of said health enhancement program~~ use of said method.
4. (currently amended) A method for health enhancement ~~system~~ as described in claim 1, ~~2 or 3~~ wherein wherein said step of ingesting six ounces essiac tea daily comprises the step of ingesting two ounces of essiac tea three times daily at least 20 minutes prior to eating.
5. (canceled)
6. (currently amended) A method for health enhancement ~~system~~ as described in claim 1 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
7. (currently amended) A method for health enhancement ~~system~~ as described in claim 1 further comprising the step of ingesting cruciferous vegetables daily.

8. (currently amended) A method for health enhancement system as described in claim 1 wherein said ~~health enhancement system~~ method comprises a cancer treatment ~~system~~ method.
9. (currently amended) A method for health enhancement system ~~establishing a health enhancement program~~, wherein said health enhancement ~~system~~ method comprises the steps of ingesting:
- two thousand mgs. of flax oil twice daily;
  - two thousand mgs. omega-3 oil twice daily;
  - 1250 mgs. shark cartilage twice daily;
  - 300 mgs. montmorillinite minerals twice daily;
  - one thousand mgs. vitamin C twice daily;
  - 25,000 IU beta carotene every two days;
  - two tablets twice daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavenoids, papain, rose hips, rutin, and coenzyme Q10;
  - one tablet twice daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
  - two capsules twice daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavenoids, rutin and quercetin;
  - 600 mgs. twice daily of cat's claw;
  - one capsule twice daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;
  - an additional 400 IU vitamin E twice daily;
  - two ounces essiac tea three times daily; and

- hydrazine sulfate according to a prescribed hydrazine sulfate schedule, wherein said hydrazine sulfate schedule comprises 60 mg. hydrazine sulfate daily for the first three days of ~~administration of said health enhancement program~~ use of said method; 120 mgs. hydrazine sulfate daily for days 4, 5 and 6 of ~~administration of said health enhancement program~~ use of said method; and 180 mgs. hydrazine sulfate daily for days 7 through 52 of ~~administration of said health enhancement program~~ use of said method.

10. (currently amended) A method for health enhancement ~~system~~ as described in claim 9 further comprising the step of refraining from ingesting hydrazine sulfate for days 53 through 60 of ~~administration of said health enhancement program~~ use of said method.
11. (currently amended) A method for health enhancement ~~system~~ as described in claim 9 wherein twice daily comprises each morning and evening.
12. (currently amended) A method for health enhancement ~~system~~ as described in claim 9 or 11 wherein said step of ingesting two ounces essiac tea three times daily comprises the step of ingesting two ounces of essiac tea three times daily at least 20 minutes prior to eating.
13. (canceled)
14. (currently amended) A method for health enhancement ~~system~~ as described in claim 9 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
15. (currently amended) A method for health enhancement ~~system~~ as described in claim 9 further comprising the step of ingesting cruciferous vegetables daily.
16. (currently amended) A method for health enhancement ~~system~~ as described in claim 9 wherein said ~~health enhancement system~~ method comprises a cancer treatment ~~system~~ method

17. (currently amended) A method for health enhancement system ~~establishing a health enhancement program, wherein said health enhancement system comprises~~ comprising the steps of ingesting:

- four thousand mgs. of flax oil daily;
- four thousand mgs. omega-3 oil daily;
- 5000 mgs. shark cartilage daily;
- 600 mgs. montmorillonite minerals daily;
- two thousand mgs. vitamin C daily;
- 10,000 IU beta carotene daily;
- six tablets daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavonoids, papain, rose hips, rutin, and coenzyme Q10;
- two tablets daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
- four capsules daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavonoids, rutin and quercetin;
- 1200 mgs. daily, each including:
  - two capsules daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;
  - an additional 800 IU vitamin E daily; and
  - six ounces essiac tea daily.

18. (currently amended) A method for health enhancement ~~system~~ as described in claim 17 wherein said step of ingesting six ounces essiac tea daily comprises the step of ingesting two ounces essiac tea three times daily at least 20 minutes prior to eating.
19. (canceled)
20. (currently amended) A method for health enhancement ~~system~~ as described in claim 17 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
21. (currently amended) A method for health enhancement ~~system~~ as described in claim 17 further comprising the step of ingesting cruciferous vegetables daily.
22. (currently amended) A method for health enhancement ~~system~~ as described in claim 17 wherein said ~~health enhancement system~~ method comprises a cancer treatment ~~system~~ method.
23. (currently amended) A method for health enhancement ~~system establishing a health enhancement program, wherein said health enhancement system comprises~~ comprising the steps of ingesting:
- two thousand mgs. of flax oil twice daily;
  - two thousand mgs. omega-3 oil twice daily;
  - 2500 mgs. shark cartilage twice daily;
  - 300 mgs. montmorillonite minerals twice daily;
  - one thousand mgs. vitamin C twice daily;
  - 10,000 IU beta carotene daily;
  - three tablets twice daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc,

12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavonoids, papain, rose hips, rutin, and coenzyme Q10;  
- one tablet twice daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;

- two capsules twice daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavonoids, rutin and quercetin;

- 600 mgs. twice daily, each including:

- one capsule twice daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;

- an additional 400 IU vitamin E twice daily; and

- two ounces essiac tea three times daily.

24. (currently amended) A method for health enhancement system as described in claim 23 wherein said step of ingesting two ounces essiac tea three times daily comprises the step of ingesting two ounces of essiac tea three times daily at least 20 minutes prior to eating.
25. (currently amended) A method for health enhancement system as described in claim 23 wherein twice daily comprises each morning and evening.
26. (currently amended) A method for health enhancement system as described in claim 23 wherein said step of ingesting 10,000 IU beta carotene daily comprises the step of ingesting 10,000 IU beta carotene every morning.
27. (canceled)
28. (currently amended) A method for health enhancement system as described in claim 23 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.

29. (currently amended) A method for health enhancement ~~system~~ as described in claim 23 further comprising the step of ingesting cruciferous vegetables daily.
30. (currently amended) A method for health enhancement ~~system~~ as described in claim 23 wherein said health enhancement ~~system~~ method comprises a cancer treatment ~~system~~ method.
31. (withdrawn) A package of ingredients usable in a health enhancement program, wherein said package of ingredients comprises:
- daily portions of a seven day supply of each of said ingredients, said ingredients comprising:
    - flax oil;
    - omega-3 oil;
    - shark cartilage;
    - montmorillonite minerals;
    - vitamin C;
    - Heritage Complete™;
    - Heritage Osteoguard™;
    - Heritage Platinum™;
    - Cat's Claw;
    - Heritage Gold™; and
    - vitamin E; and
  - portions of a seven day supply of beta carotene,

wherein said ingredients are relationally coordinated to enhance health when ingested according to said health enhancement program.

32. (withdrawn) A package of ingredients usable in a health enhancement program as described in claim 31 wherein said package of ingredients further comprises hydrazine sulfate.



33. (withdrawn) A package of ingredients usable in a health enhancement program as described in claim 32 wherein:
- said daily portions of a seven day supply of flax oil comprise daily portions each in the amount of 4,000 mgs.;
  - said daily portions of a seven day supply of omega-3 oil comprise daily portions each in the amount of 4,000 mgs.;
  - said daily portions of a seven day supply of shark cartilage comprise daily portions each in the amount of 1250 mgs.;
  - said daily portions of a seven day supply of montmorillonite minerals comprise daily portions each in the amount of 600 mgs.;
  - said daily portions of a seven day supply of vitamin C comprise daily portions each in the amount of 2000 mgs.;
  - said daily portions of a seven day supply of Heritage Complete™ comprise daily portions each in the amount of four tablets;
  - said daily portions of a seven day supply of Heritage Osteoguard™ comprise daily portions each in the amount of two tablets;
  - said daily portions of a seven day supply of Heritage Platinum™ comprise daily portions each in the amount of four capsules;
  - said daily portions of a seven day supply of Cat's Claw comprise daily portions each in the amount of 1200 mgs.;
  - said daily portions of a seven day supply of Heritage Gold™ comprise daily portions each in the amount of two capsules;
  - said daily portions of a seven day supply of Vitamin E comprise daily portions each in the amount of 800 IU.;
  - said portions of a seven day supply of beta carotene comprise two-day portions each in the amount of 25,000 IU;
  - wherein said daily portions of a seven day supply of hydrazine sulfate comprise an amount appropriate as specified by the following hydrazine schedule: 60 mg. hydrazine sulfate daily for the first three days of administration of said health enhancement program; 120 mgs.

hydrazine sulfate daily for days 4, 5, and 6 of administration of said health enhancement program; 180 mgs. hydrazine sulfate daily for days 7 through 52 of administration of said health enhancement program; and no hydrazine sulfate for days 53 through 60 of administration of said health enhancement program.

34. (withdrawn) A package of ingredients usable in a health enhancement program as described in claim 31 wherein:

- said daily portions of a seven day supply of flax oil comprise daily portions each in the amount of 4,000 mgs.;
- said daily portions of a seven day supply of omega-3 oil comprise daily portions each in the amount of 4,000 mgs.;
- said daily portions of a seven day supply of shark cartilage comprise daily portions each in the amount of 5,000 mgs.;
- said daily portions of a seven day supply of montmorillinite minerals comprise daily portions each in the amount of 600 mgs.;
- said daily portions of a seven day supply of vitamin C comprise daily portions each in the amount of 2000 mgs.;
- said daily portions of a seven day supply of Heritage Complete™ comprise daily portions each in the amount of six tablets;
- said daily portions of a seven day supply of Heritage Osteoguard™ comprise daily portions each in the amount of two tablets;
- said daily portions of a seven day supply of Heritage Platinum™ comprise daily portions each in the amount of four capsules;
- said daily portions of a seven day supply of Cat's Claw comprise daily portions each in the amount of 1200 mgs.;
- said daily portions of a seven day supply of Heritage Gold™ comprise daily portions each in the amount of two capsules;
- said daily portions of a seven day supply of Vitamin E comprise daily portions each in the amount of 800 IU.;
- said portions of a seven day supply of beta carotene comprise daily portions each in the

amount of 10,000 IU.

35. (withdrawn) A package of ingredients usable in a health enhancement program as described in claim 31, 32, 33 or 34 wherein said package of ingredients further comprises essiac tea.
36. (withdrawn) A package of ingredients usable in a health enhancement program as described in claim 31, 33 or 34 wherein said Omega-3 Oil comprises Heritage Omega-3 Oil™, wherein said montmorillinite minerals comprises Dino Bites™, wherein said Cat's Claw comprises Heritage Cat's Claw™.